



**UNE** Online  
UNIVERSITY OF NEW ENGLAND

## Master of Science in Applied Nutrition

Offering dynamic, skills-based courses that encourage and prepare students to become leaders in the workplace and in the field.

# Welcome to **UNE**

The University of New England is an innovative university grounded in the liberal arts, with three distinctive campuses and a top-rated online college. UNE has internationally-recognized scholars in the sciences, health, medicine and humanities; offers more than 40 undergraduate, graduate and professional programs; and is home to Maine's only dental and medical schools.

At UNE, students engage in research and scholarship opportunities beside dedicated faculty who are committed to students' academic and professional success. Our academic programs provide students with a variety of opportunities for career readiness. UNE's unique combination of expert faculty, personalized student support, advanced technology, and highest-quality curriculum ensures that the education received by our worldwide student body is unparalleled.



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Assistant Director Angelina Maia Moore, Ph.D, RD, CDN



# Why UNE Online?

The University of New England holds a firm commitment to excellence in online education. Through the College of Graduate and Professional Studies, UNE Online is an innovative and established leader in the online learning community.

## **THE UNE ONLINE LEARNING PLATFORM:**

- Is flexible and convenient, providing 24/7 access to course materials
- Enables student-centered teaching, allowing you to engage in ways that best suit your learning style
- Facilitates increased knowledge through interaction with a global and diverse population of students and faculty
- Encourages research to practice through course assignments that are practical and applied

## **OUR MASTER OF SCIENCE IN APPLIED NUTRITION PROGRAM HIGHLIGHTS INCLUDE:**

- 36 credit hour program
- Complete your degree in as quickly as two years
- No campus visits required – 100% online
- Learn anytime from anywhere you have an internet connection
- No GRE required
- Dynamic faculty of scholar-practitioners, researchers and educators
- Regionally accredited by the New England Commission of Higher Education (NECHE)

# Accreditation

Accreditation is the review of the quality of educational institutions and programs. In the United states, accreditation is a key measure used to identify institutions and programs that provide a high-quality education.

## **NEW ENGLAND COMMISSION OF HIGHER EDUCATION**

The University of New England is regionally accredited by the New England Commission on Higher Education (NECHE). NECHE is now the federally-recognized regional accreditor for the six New England States after assuming the business functions of the Commission previously managed by NEASC. The Commission states that its “dual role of quality assurance and quality improvement remains in place.”

Regional accreditation bodies tend to be more established, more prestigious, and their standards are typically more stringent than national accreditation bodies. Regional accreditation is often given to non-profit academic schools (public or private). National accreditation is granted to for-profit schools that offer vocational, career, or technical programs.

# What is Applied Nutrition?

The term “applied nutrition” means that students directly and immediately apply the knowledge they gain from their advanced studies to the nutrition field, an approach that is embodied by the M.S. in Applied Nutrition Program. Students in the program engage in Authentic Intellectual Work, which utilizes project-based learning to teach students relevant career skills. Using academic products generated by this approach, and over the course of their degree, students create and curate an e-Portfolio that can be used to showcase their work to colleagues, doctoral programs, clients or prospective employers.

States have varying requirements as to who can legally provide nutrition care and counseling, so be sure to check our interactive map of license requirements by state at <https://online.une.edu/applied-nutrition/nutrition-state-certification-requirements>

Public interest in learning how to live healthier through diet and nutrition has inspired many students to pursue their Master of Science in Applied Nutrition. These students may include:

- Career changers who plan on pursuing the Certified Nutrition Specialist (CNS) pathway. In some states, this provides an alternate route to state licensure and the possibility of working in a clinical setting.
- Dietitians who want to further their education and career.
- Those who have a broad health science background and decide they want to pursue a career focused on nutrition.




## PROGRAM MISSION

The mission of the Master of Science in Applied Nutrition program is to prepare individuals for leadership roles in the field of nutrition, to advance knowledge and expand skills that promote excellence and innovation in all areas of nutrition practice, and to emphasize evidence-based best practices to support the well-being and health outcomes of individuals, families, and communities through education, research, and scholarship.

## AUTHENTIC INTELLECTUAL WORK (AIW)

Preparing students as leaders in the field of nutrition requires an academic program that remains relevant, accurate, and applicable. The M.S. in Applied Nutrition curriculum ensures student engagement with the field and many courses encourage students to participate in AIW. The use of AIW in the curriculum offers value to students through construction of knowledge, disciplined inquiry, and value beyond school.

To help students reach solutions for complex problems that are oftentimes singular or unique, the AIW framework encourages students to **“construct” knowledge to solve new problems**. Through application of previously learned skills and knowledge, students are able to **gain a deeper understanding** of concepts and connect their ideas using detailed communication and inquiry. When all three elements of AIW combine, students engage in finding a **more constructive and meaningful solution** that is applicable beyond the classroom and current in the professional setting.



*“...the way I designed my class was the students didn’t just learn from a textbook about multimedia communication. They actually had to do something with it. I think that it’s having that application of the knowledge that you’re learning is what sets this program apart.*

**- Leanne DiMaio, MPH, MBA  
UNE Online Faculty**



## ePORTFOLIO

In a 2018 UNE Online graduate survey, over 43% of respondents reported personal satisfaction, promotion in their current field of work, or interest in a new career as motivations for pursuing a graduate degree. M.S. in Applied Nutrition students construct a personal ePortfolio that will serve as a digital repository of their personal and educational achievements. This tool can then be shared with peers, instructors, and employers as an illustration of the student's growth. In creating the ePortfolio, students gain experience in presenting professionally and learn best practices for engaging with colleagues as they transition to a new career or role.

Sample of student work that can be found in an ePortfolio.  
Courtesy of Amber Rains, published Spring 2018. Source:  
[https://dune.une.edu/an\\_studedres/41](https://dune.une.edu/an_studedres/41)

## CERTIFIED NUTRITION SPECIALIST

The University of New England's M.S. in Applied Nutrition program fulfills part of the current academic requirements for the Certified Nutrition Specialist (CNS) credential. This designation requires a graduate degree in the field of nutrition from a regionally accredited university, specific coursework, and 1,000 hours of supervised experience. The Board for Certified Nutrition Specialists reviews each candidate individually, including current course descriptions, transcripts, and experience to determine eligibility.

To learn more about becoming a CNS, visit  
<https://nutritionspecialists.org> or watch our newly published  
webinar at <https://youtu.be/n72FDj6ZkLk>



Board for  
Certification of  
Nutrition  
Specialists™

# Master of Science in Applied Nutrition - **MSAN**

This 36-credit Master of Science in Applied Nutrition is 100% online with timely, relevant classes and optional focus areas for professionals looking to advance their careers. All students take the six core courses of the curriculum, and then each student is able to select five electives and one capstone to complete the Master of Science in Applied Nutrition degree. These flexible offerings allow students to customize their course plan based on their specific career goals.

## REQUIRED COURSES\*

- APN 601** Trends and Issues in Nutrition and Global Food Systems
- APN 605** Nutrition Across the Lifespan
- APN 610** Research Methods
- APN 615** Nutrition and Metabolism
- APN 620** Nutrition Education and Health Behavior Change
- APN 625** Nutrition Practice for Health Promotion and Disease Prevention

\*All courses listed are 3 credits unless otherwise noted.

## CURRICULUM OVERVIEW

- Complete 6 required courses (APN 601, 605, 610, 615, 620 and 625)
- Complete 5 courses across any focus area
- Complete capstone course (APN 755)

## ELECTIVE COURSES

Choose any five 3-credit courses from the elective course options on page 9, for a total of 15 credits, to complete the Master of Science in Applied Nutrition.



# Optional Focus Areas

## ELECTIVE COURSES

- APN 701** Nutrition, Wellness, and Multimedia Communication
- APN 710** Media and Ethics in Nutrition
- APN 715** Measuring Social Media Impact
- APN 725** Business Development and Entrepreneurship

## CLINICAL GRADUATE COURSES

- APN 505** Applied Anatomy & Physiology

## OBESITY & HEALTH PROMOTION

- APN 730** Medical Nutrition Therapy
- APN 735** Nutrition Leadership, Community Nutrition, and Wellness
- APN 740** Nutrition and Nutrition Information in the Media
- APN 745** Overweight and Obesity
- APN 750** Clinical Management of Overweight and Obesity

## INDIVIDUALIZED

Students can customize their degree by selecting a combination of electives that best serves their professional interests.

## NUTRITION & DISEASE PREVENTION

- APN 730** Medical Nutrition Therapy
- APN 760** Micronutrients: Nutrition and Functional Applications
- APN 765** Nutrition Therapy for Clinical Practice
- APN 770** Nutrition Counseling and Communication
- APN 775** Advanced Nutrition Research

## SUSTAINABLE NUTRITION

- APN 701** Nutrition, Wellness, and Multimedia Communication  
**OR**
- APN 710** Media and Ethics in Nutrition
- GPH 702** An Interprofessional Approach to Policy and Advocacy
- APN 707** Dietary Practices and the Environment
- APN 712** Global Food Systems and Sustainable Agriculture Policy
- APN 717** Food Justice and Advocacy
- APN 775** Advanced Nutrition Research

# Capstone

In the capstone course, the student completes a culminating project and adds to their ePortfolio. This project requires the student to take concepts mastered in the program and apply them to real-world problems, issues, or developments in the field of nutrition.

The capstone is a very high-touch, personal experience for students. A faculty mentor, the program director, and the faculty of record for the capstone course all work together to form a de facto committee to evaluate the capstone work done by the student. This emphasis on personalization and connection between students and faculty provides the foundation for a successful and meaningful capstone experience.

## **APN 755 - APPLIED NUTRITION CAPSTONE**

The latest theories, research, policy, and practices relating to a variety of nutrition concepts, controversies and practice will be applied to a relevant area of the student's choice and approved by the instructor. This capstone course will culminate in a paper or project such as: a proposal of and explanation for new research, a research investigation of an educational or clinical question or practice, a proposal to modify current policy or practice, or a proposal to research, develop and/or implement new approaches to the management and treatment of a nutrition or wellness concern.



*...the academic curriculum has fallen in line with everything that I've been doing professionally. So far, I've been able to apply nearly every single thing that I've learned in class directly to what I do in my job, which has been fantastic.*

*- Melanie Berdyck  
MSAN '18*

# Admissions

## WHAT WE LOOK FOR IN A MASTER OF SCIENCE IN APPLIED NUTRITION APPLICANT

We recognize that nutrition is a rapidly evolving field of study and that applicants are drawn to this program from diverse backgrounds. Successful students have rich backgrounds with a variety of professional and academic experiences. There is no one typical background that indicates whether a student will be successful, but such students often exhibit a lifelong curiosity, a natural perseverance, and an inclination to take on new challenges.

Students with the capacity to manage multiple competing priorities are most successful in our online learning environment. Our Admissions Committee reviews each application holistically, and considers potential students' previous academic coursework, professional experiences, and their dedication to completing a Master of Science in Applied Nutrition as demonstrated in their application letter.

## PREREQUISITES:

- Bachelor's degree from a regionally accredited institution or equivalent.
- 3.0 cumulative undergraduate GPA, or better.
- Recommended courses: Previous coursework in nutrition and/or biology as well as statistics, although not required, is highly recommended.

## APPLICATION REQUIREMENTS:

- Complete the online graduate application at:  
[go.une.edu/apply](https://go.une.edu/apply)
- Provide contact information for three references, preferably of supervisory or leadership positions.
- Submit official transcript(s) reflecting conferral of a bachelor's degree. Applicants with international degrees should contact an enrollment counselor for more information.
- Include an updated professional resume/CV.
- You will be asked to compose statements in response to the following prompts in one to two paragraphs (250-350 words) for each prompt:
  - Describe how your previous educational and/or professional experience(s) have prepared you for graduate studies, particularly in the field of nutrition?
  - Describe your short and long-term professional goals as related to the field of nutrition.
  - What specific topics in nutrition motivate you to pursue graduate study in this program?
  - Why is an online program the right fit for you? In answering this question, please address time management, self-motivation, access to technology and computer literacy.
- Submit a \$40 non-refundable application fee.

## TECHNOLOGY REQUIREMENTS:

- Access to a computer and the internet.
- Webcam - 1280 x 720 (1 megapixel) resolution recommended.
- Microphone/speakers.
- Microsoft Office - free and available to students with their @une.edu account via Office 365; includes Microsoft Outlook for your @une.edu email.
- Ability to access and use various free software (e.g. Youtube, screen capturing, or basic graphic designing software) as may be required in each course.





# Tuition & Financial Aid

## TUITION & FEES

Application Fee (non-refundable)	\$40
General Services Fee (per semester, non-refundable)	\$55
Tuition (per credit hour)	\$730
Malpractice Insurance Fee (annual, non-refundable)	\$50
Technology Fee (per semester, non-refundable)	\$85
Registration Fee (non-matriculated students per semester)	\$30

- Graduate tuition and fee rates are subject to change.
- Students are expected to pay for textbooks and materials at the beginning of the semester.
- Books, supplies and other items available at the UNE Bookstore or through other online channels.

## FINANCIAL AID

At UNE, more than 90% of our students receive a form of financial aid. Investing in your education is a big financial commitment, which is why the University of New England is proud to offer accredited and quality online education at a competitive price. Financing a college education is a partnership between the student, their family, and the University. The Financial Aid Office at UNE is available to assist online students and their families in finding the financial means necessary to achieve their educational goals.

# Resources & Support

The University of New England is committed to student success, and we understand that success impacts the overall student experience. That's why we work hard to provide students with the very best student experience possible. We provide personalized support with all aspects of the student journey, including application, registration, and academics, so that they can focus on successfully completing their program.

## **STUDENT SUPPORT SPECIALIST**

A Student Support Specialist is assigned to every individual student who enters the Applied Nutrition program in order to ensure their success. Throughout each student's graduate degree process, a Support Specialist is by their side answering any questions, providing access to all of the resources that UNE has to offer, and ultimately guiding them from the start of their studies through graduation.

## **YOUR DEDICATED STUDENT SUPPORT SPECIALIST CAN HELP WITH THE FOLLOWING:**

- Notifications about textbooks and other course resources
- Posting announcements about course or schedule revisions
- Assistance with course registration
- Contacting a faculty member
- Navigating the course site or using course tools
- General course information or questions
- And more

## STUDENT ACADEMIC SUCCESS CENTER

The Student Academic Success Center (SASC) provides a comprehensive array of academic support services including workshops, tutoring, writing support, and individual learning consultations specifically relevant to online students. For students' convenience, SASC can be contacted by phone, email, video conferencing, or in person. SASC's mission is to empower students to become more independent and efficient learners so that students are able to meet the University's academic standards and attain their personal educational goals.

## ADDITIONAL SUPPORT SERVICES

- Career Center
- Writing Support
- Student Financial Services
- Library Services
- Blackboard Tutorials
- Student Access Center
- Technology Support



“ *When I email a question, I get a response within 20-40 minutes. Having such accessible support makes me an even more successful student.*

**- Tyler Blankenship  
MSAN '19**

## Program Director Spotlights



### **ELIZABETH (ELLIE) DODGE, PH.D.** **PROGRAM DIRECTOR, MASTER OF SCIENCE IN APPLIED NUTRITION**

Dr. Ellie Dodge completed her Bachelor of Science in Human Nutrition, Master of Science in Food Science and Human Nutrition, and Ph.D. in Food and Nutrition Sciences at the University of Maine. Dr. Dodge worked at the University of Maine in a variety of roles for about 16 years, where she taught the largest online class there, Introduction to Food Science and Nutrition. She also helped develop their HealthyU Online weight management program, which used a hybrid online and face-to-face model to reach students.

Her dissertation, “Evaluation of the Impacts of a Cooperative Extension 4-H Nutrition Education and Gardening Program on Nutrition Behavior and Self-Efficacy,” involved developing a nutrition education curriculum and then evaluating the impacts of the curriculum on a variety of research groups.

“One of the great things about being able to build the M.S. in Applied Nutrition program is that I was able to put an emphasis on project-based learning and authentic intellectual work in the curriculum. By applying adult learning theory to online course design, assignments are made meaningful and relevant.

I really enjoy thinking of creative ways to engage students with the material, and encouraging my faculty to get really creative to find ways to engage the students with the material. This approach to applying the topics that students are learning about is valuable because once our students graduate, and in their professional careers, they will often be asked to come up with creative venues to explain and educate nutrition-related issues to their students, co-workers, clients and patients.”



**ANGELINA MAIA MOORE, PH.D, RD, CDN  
ASSISTANT DIRECTOR, MASTER OF SCIENCE IN  
APPLIED NUTRITION**

Angelina Moore Maia, PhD, RD, CDN is a behavioral nutritionist and has been a practicing dietitian for more than 17 years, working in both in Maine and in Boston, Massachusetts. Dr. Maia completed her PhD in Food and Nutrition Sciences at the University of Maine with a research focus on childhood obesity and motivational interviewing. She received her Bachelor of Science degree in Nutritional Sciences from the University of New Hampshire and her Master of Science degree in Food Science and Human Nutrition from the University of Maine. Dr. Maia is also a member of the Motivational Interviewing Network of Trainers and her research interests include motivational interviewing and promoting nutrition-related behavior change.

“The field of nutrition evolves every day, which is one of the most exciting parts of working in this profession. It is also very diverse, opening doors to work in many different areas. One might be interested in sustainability, counseling, food science or the culinary arts, and having a graduate degree in nutrition will only enhance the student’s ability to make an impact.

The Master of Science in Applied Nutrition degree offers a variety of courses so that students can focus on what they are interested in; the faculty that teach these courses are leading specialists in their area of expertise. Being online, the program allows the flexibility for students to continue working while at the same time growing professionally.”





The University of New England has repeatedly claimed a spot in U.S. News & World Report's rankings for Best Online Graduate Education Programs.

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[online.une.edu/blog](http://online.une.edu/blog)